Use this format for the Research Project Outline.

Copy & paste the outline below into your Wiki Page

Replace the word ‘Topic’ with your topic.

Leave the outline & add your information to the outline.

Topic

1.  Definition

a.    Identify/define topic: Condition in which the pressure of blood in your arteries is dangerously high.

b.    History/Origin of item: Descriptions of the disease first came from Thomas Young in 1808

2.  Signs/Symptoms

a.    Specific examples: Usually no symptoms present, the disease can cause other diseases like stroke and heart attack. Rarely there are headaches, dizziness, shortness of breath, and blurred vision.

b.    How long they should last before concern: Ask your doctor

c.    Genetic, hereditary or environmental factors: Genetics, smoking, obesity, if  a large portion of your diet consists of sodium.

3.  Treatment/Managing the problem

a.    If treatment is available, examples and details listed: Medication, weight loss, change in diet, change in lifestyle, and regular exercise.

b.    Role of diet: eat healthier

c.    Role of exercise: exercise frequently

d.    Role of medicine: Medication helps reduce the risk on complications

e.    Role of family support given: Make sure your family doesn’t pressure you into eating unhealthily.

f.     Management of problem short-term:  massage

g.      Management of problem long-term: medication, exercise, lifestyle, diet

h.    Impact on the individual: It increases risks of worse diseases

i.      Impact on the family: none

j.      Statistics integrated into the data:8 out of every 100,000

4. What I learned/3 WOW’s

1. New information learned:46 million people have diagnosis hypertension but 33% of the world has non-diagnosis hypertension.
2. New information learned:8 in every 100,000 people die from hypertension
3. New information learned: 53% of all people living in nursing homes have hypertension.
4. New information learned: 25% of Americans have pre-Hypertension which is right on the verge of being considered Hypertension.

5. Resources

1.

"FASTSTATS - Hypertension." *Centers for Disease Control and Prevention*. Web. 30 Jan. 2012. <http://www.cdc.gov/nchs/fastats/hyprtens.htm>.

2.

*Symptoms of Hypertension | Becoming Free of High Blood Pressure*. Web. 30 Jan. 2012. <http://symptomsofhypertension.net/>.

3.

"Hypertension: Overview & Facts." *WebMD - Better Information. Better Health.* Web. 30 Jan. 2012. <http://www.webmd.com/hypertension-high-blood-pressure/guide/hypertension-overview-facts>.

4.

Bronson, Mary H., and Don Merki. *Glencoe Health*. New York: Glencoe/McGraw-Hill, 2005. Print.